

ACKNOWLEDGEMENT

I express my deep gratitude to Prof. Urmi Nanda Biswas, Department of Psychology, The M.S. University of Baroda, Vadodara under whose guidance this research work has been successfully completed. It was a privilege to work under Prof. Biswas who has been more than just a guide to me. Her constant appreciation for even small achievements and tremendous patience has instilled in me a confidence and has encouraged me to face challenges. Her expertise in the content of the study, especially statistics makes it look so simple that I enjoyed learning and doing statistics. I am truly fortunate to find a teacher, mentor and guide all within her.

My sincere thanks to Dr. Venkatesh Murthy, Regional Institute of Education, Mysore, who taught life skills so effectively during Post Graduate Diploma in Guidance and Counseling that my interest in the subject was tremendously heightened and also thanking for generously sharing his module with me.

My sincere thanks to Prof. Saswata Narayan Biswas at the Institute of Rural Management, Anand and Dr. Rashmin Sompura, Department of Psychology for their insightful comments and suggestions throughout the research.

I also owe deep gratitude to Ms. Sonam Pelmo, Counselor, Department of Education, Dharamsala, for being a very supportive friend. Without her data collection wouldn't have gone that smoothly. She has been a constant source of moral support from the very inception of this study.

My heartfelt thanks to Jigme Wangmo and Poulami Paria with whom I have shared many happy and memorable times throughout my stay in Baroda.

My sincere thanks to the staff members and children of TCV Chauntra, TCV Suja, Mussoorie Public school and Guru Nanak Fifth Centenary School, Mussoorie for their active participation in the study.

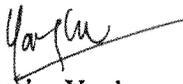
I also wish to express my deepest gratitude to Prasad Kulkarni and Dr. Shashikant Acharya, Department of Biochemistry for painstakingly proof reading the entire manuscript.

My sincere thanks to Yangdon Tsering and Sangpo for their help and support and making my data collection at TCV Suja, an enjoyable moment.

My deepest gratitude and love to my family especially my uncle Tenzin. P. Atisha for his guidance and always whispering words of encouragement and loving me unconditionally.

My sincere gratitude to all who have indirectly contributed to the study and those who I may have unintentionally forgotten to mention here.

In the end, this thesis wouldn't have been possible without the financial assistance from the Department of Education, Central Tibetan Administration, Dharamsala, India


Tsering Yankey

September 2011